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ONLINE TRADING

HOW TO MAKE SERIOUS MONEY WITH BINARY OPTIONS

THINGS YOU NEED TO KNOW BEFORE YOU START
TRADING BINARY OPTIONS

TODD WILLIAMS

THE ONLINE TRADING ADDICTION CURE

REGAIN CONTROL OF YOUR
LIFE AND OVERCOME AN ADDICTION
TO ONLINE TRADING



How To Make Serious Money With Binary Options

*Things You Need To Know
Before You Start Trading
Binary Options*

Todd Williams

&

The Online Trading Addiction Cure

***How to Regain Control of
Your Life and Overcome an
Addiction to Online Trading***

Jeff Roberts

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How To Make Serious Money With Binary Options

*Things You Need To Know
Before You Start Trading
Binary Options*

Todd Williams

Introduction

The purpose of this book is to show you how to make money trading Binary Options. Binary Options are a popular investment instrument for trading stocks, commodities and currencies. Trading Binaries is very simple and straightforward; all you need to do is decide which of the two directions the asset will move, up or down. The great new is that binary options have quite a high profit potential.

Binary options allow even beginners the opportunity to succeed with financial trading. Actually people that have minimum financial track record can easily make money by learning how to

trade options online.

This book features the in and outs of binary options as well as strategies needed to achieve success in trading binaries - potentially earning a lot of money.

Before we get too far, I highly recommend watching this video because it will show you a [Binary Option Software Program](#) that guarantees you money (and I am talking about A LOT of money) in 30 days. [Click here to take a look.](#)

What Is Binary Trading?

Binary trading option, also called digital option, all-or-nothing-option, or fixed return option, is a type of option where one has only two means of payoff; you can either take a fixed amount of the asset or nothing at all. The trade will either rise or fall, or in binary trading language “call” or “put”. For starters, there are two types of binary trading options available – cash-or-nothing and asset-or-nothing. However, there are four other options regularly traded in the market, these are double-one-touch/double two-touch, asset-or-nothing, no-touch and one-touch. Binary

trading option is a type of option that follows European style options, meaning they worked only on their expiration date not before or after.

Binary trade option is one example of exotic option. It is a trading option that delivers unique characteristics making it complex and unmanageable. In terms of functionality, binary trade options appear to be simple to use and interpret. One thing to remember is that compared to traditional trading where the payout increases along with the stock value, in binary trading, a fixed amount is identified and that will be the only payout through and through.

Binary training method also provides instant results since it is conducted on a

web-based environment. You can do it within your own home using a regular desktop computer or laptop. This trading option is simple and straightforward and learning how to trade is easy.

How does it work?

When trading binary options, you need to specify a fixed payout that will be picked up by the traders when certain conditions are met. Just like in sports betting, you can easily determine if it is a “win” or a “loss”. In the case of binary choices, the price will increase or decrease, based on what type of option was chosen. Below are some examples of binary trade options, with a brief explanation of how they are done and

how much are their payouts.

Cash or nothing option

The cash or nothing option is the most common, if not the most traded binary options. Most traders, and those who are just about to start, use this option. In cash-or-nothing trading option, an exercise price or the asset price is given. This is the value of the asset when trading starts that day. You need to choose whether, at the end of the trading day the asset price will finish higher or lower than the initial price. In other words you need to predict whether the price will rise or fall by the end of the trading day. A correct prediction means you can earn the money allotted for the asset. Although the profits depend on the

agreed price, this could usually range from 170%-190% of your original premium. If in case one miscalculates, and assumed wrong, or the price stayed the same, you can still find some sort of a refund. There are some trading companies that offer a 10-15% refund, but only for out of money trades. This option is the easiest to use, which is why it is considered the most profitable.

Asset or nothing Option

The asset-or-nothing option follows roughly the same principles as the cash-or-nothing option; the only difference is that there is no payoff unless the price of the underlying asset increased. This means that there is no option for “put” or a fall in an asset or nothing option. If the

asset's value increased, one will receive the amount that corresponds to the new price of the asset. So even though you need to wager an amount, the earnings will be based on the actual price and not your bet.

Other Types of Binary Option Trades

Touch Options

No-touch option

The no-touch option is the exact opposite of one touch option. In this option, the trader needs to determine what amount his chosen asset will not reach on the date that he will determine. This is

considered the riskiest among the binary options because one needs to anticipate what will happen to the market over a certain period of time. Profit becomes larger as the time frame becomes longer although the risk remains higher as time progresses.

One touch option

Another type of binary trade option is the “one-touch” option. Unlike when doing the cash or nothing option or the asset or nothing option, in the “one-touch” option one needs to forecast if the monetary value of an asset will reach an

identified price before the expiry time. With this option one needs to identify the barrier or the price that needs to be reached, when it will be reached and how much will the payout be. That in mind, a correct prediction will give one a full payout while a wrong choice will lose one the full premium set initially. This type of option can make the most money possible – an increase of around 250-400% of the original amount.

***Double no-touch option /
Double one-touch option***

Following the idea of one

touch option, in a double touch option one needs to determine a value that the asset will touch during the course of a time frame the trader selected as well. The only difference is that in a double one-touch option, one needs to determine two values that he thinks the asset will reach before the maturity date. If the asset is able to reach one of the two predetermined values, he will receive the full payout; failure will mean loss of all premiums.

The double no-touch option on the other hand follows the

concept of no-touch option. This time, however, two points are identified as unreachable. One will only get the payout when the time lapses and none of the points are reached.

Target Bet Option

Target binary option operates on the concept of predicting if the market will end in a positive range or a negative range.

Positive targets. A positive target implies that one speculates that an asset will end up within a positive range.

Negative target A negative

target implies that one speculates that an asset will end up within a negative range

Ladder Bet Option

This is a type of binary trading option where the trader is given a price range arranged in equal intervals – just like staircases or ladders. Here, one needs to identify several price levels as well as several periods. A trader earns when the assets he chose have, “climbed” the ladder’s steps at certain times he also set.

Tunnel Bet Option

In this option, a trader buys a contract. This contract states a price range. A trader either chose to believe that the asset's value will stay in that range or breaks through and passes the same range. Tunnel bet option is also known as In/Out option.

There are two variants of the in/out option. One is stays between/ goes outside. The other is ends between/ends outside. In a stays between/ goes outside variation, “stay between” means that price has to stay within the barrier set and should not touch the barriers while a “goes outside” as the name implies, require the value to touch the barriers before the trade expires in order to end in a profit. The ends between/ends

outside variation on the other hand requires that the values of an asset be within the barrier or strictly be outside the top or the bottom barrier on trade expiration.

What You Need To Know Before Trading Binary Options

1. Know your terms

Before jumping into the proverbial river called binary trading, you must familiarize yourself first with the terms used in this trading platform. Besides learning about the kinds of binary trades (see chapter 1) you must also know how to use the language that professional traders use so you actually have an idea of what's going on.

At the money. This is the term used by binary traders use to describe breaking even. This happens when the value of the asset ended up the same as when it opened. When this happens the money is returned to the trader in full.

Call Option. A call option implies that the trader believes that the asset he chose will increase upon the specified time. The increase can be as small as a tenth of a cent, as long as the value increases the call is honored. If called correctly, then you will make a profit. And if you guessed wrong, then you lose all of the money that you wagered.

Expiry date. This refers to the time and date that the trader sets for when the

binary option will expire. When this time comes, the price is examined to determine if one is “in the money” or “out the money”. The expiry date can be as short as 15 minutes, or it can take as long as a week, maybe even longer, depending on your choice. The longer the time allotted, the higher the premium earned, but the risks will be higher as well.

In the money. Winning the trade is referred to as being “in the money”. If a trader predicted that the value will increase, and it did, or if he predicted a decrease, and it happened, then he wins. This is considered a successful trade; hence it is “in the money”.

Out the money. This is the opposite of “in the money”. A wrong prediction of the rise or fall of an asset’s value will mean that one is “out the money”.

Pips. Pips refer to a unit of measurement. This is the measurement that tracks the increase or decrease of the value of the assets.

Put option. This is the exact opposite of the call option. In this case, the trader predicts that the value of the asset in question will decrease before the time is reached. Just like in a call option, an increase of a tenth of a cent means a profit for the trader.

Strike price. Strike price refers to the price point where the outcome of binary

trade is decided. This is identified by the trader himself.

Touch option. In touch point, any trader just needs to decide if the asset's value will reach a specific mark, either below or above the opening price by the end of time. If the asset touches that point by the end of trade additional premium will be given to the trader.

2. Know the trend

After familiarizing yourself with the trading terms, you should also familiarize yourself with the financial market. One's success in predicting a “call” or a “put” is based on how one interprets the movement of the trade, and

not relying on mere chance. Keep in mind that events, news, and controversies can affect assets and their values. These issues can affect the market trend. Read financial news, watch financial shows and listens to trade advice. One should focus on those that determine the possible trading commodities. Not being prepared means a 50% chance of losing. A return rate of below 100% is an indicator that one can lose money in the long run.

3. How much money is needed?

Most people would agree that one needs to hold at least \$1000 as trading capital,

or \$3000 if one wants to hold a really good stab at it.

4. Know what options to Buy

Part of preparation is knowing what to trade. Do not just go out to the market and take everything you want and add it to your portfolio. Familiarity with an asset can prove to be an advantage to the trader. Start with the popular and stable stocks. Just like in traditional trading, focusing on blue chips turned out to be beneficial to everyone. A great deal of information about these assets is readily available for traders, and you need to make use of as many resources as you

can to increase your chances of success.

5. Know your Tools

Many trading companies assist their customers by providing them with tools to do their own research and analysis. Make sure to take advantage of such opportunities. One should learn how to read a graph or a chart of a certain asset. These can give one an idea of a trend of an asset. Most brokers have their own tools they use. Make sure to check out what can give the most accurate result.

There are several charts you could

look at. Some are as follows:

- **Bar Charts** – these includes all of the basic and standard trading information one needs to know. It indicates the opening price, closing price, the highs and the lows of an asset.
- **Candlestick chart**– same as a bar chart, candlesticks show the standard trading information such as high, low, open and close price of a stock. It is color coded to show whether the stock ended

below the open price or above it.

- **Line Chart-** The line chart only provides the close price of an asset on a day-to-day basis. This could be helpful in assessing whether the price will increase or decrease the following day.

6. Know the Signals

Binary option signals help traders identify opportunities for profit before they actually happen. Companies that provide such service makes sure that

their customers can get all the information they need regarding an asset, like what to buy, when to buy, and how much to buy are provided. These companies also make sure that their clients are updated through any means possible. They get in touch with their clients through, but not limited to SMS, phone calls, Skype and such.

There are three types of Binary option signals providers in the market today.

1. Automatic Trade software provider – This is the newest option provided for traders. This option uses software that could communicate with the trading platform. This way, trades could be

triggered automatically.

2. Partial-Manual-Trade Providers – In this category, binary option signals provides trade alerts that are not clear-cut. They are just mere heads-up as to what will happen in the trade market. The decision on trading is still left with the trader
3. Full-Manual Trade Providers – this leaves the entire decision up to the trader. The company will provide the price – for buying and selling – as well as when to buy or to sell. The provider sends the information to the trader through different means of communication possible, and then waits for the decision of

their client trader. The only problem is if delivery of the signals comes across delays, the implementation of the trade will also be delayed. In addition to this, there is an issue about the accuracy of the signals and win-rates for the trade.

7. Learn how to manage risk

Unlike stock or foreign exchange trading where one can cut his loss when necessary, the binary trade option it is all-or-nothing. The rule of thumb when it comes to binary trading is that you should expose only 5% or less of your capital. Do not just shove everything out

in the market, then hope and pray it works to your advantage.

The Advantages & Disadvantages of Binary Trading

ADVANTAGES

Trade anywhere, anytime

Binary trading option makes use of an online trading platform that is accessible via desktop, laptop and even mobile phones. This gives traders convenient access and real time updates on his or her stocks. Even when traveling, you can easily check up on your trading options and make decisions on the fly. Assets included in binary trading are internationally traded. This means that

trading through this option is a 24/7 affair.

Any market condition is trade able.

Traditional trading platforms require an increase in stock before you can make a profit. When the market is experiencing a downfall, then your money will get put on hold. You need to wait until the market is up again before you can withdraw your earnings. And, if worst comes to worst, the value of your stocks won't rise again, and you just have to cut your losses and try again.

In binary trading, you can make money not just when the prices are on the rise, you can also earn even when the prices

are falling. These opportunities equal greater profit earning potentials.

Minimal Investment

With binary trading most brokers allow their clients to trade with as little as \$1 in their account. You can start with a small amount; remember to only trade using money that you can afford to lose.

Easy and Simple Trading via Binary option is as easy as 1, 2, 3:

1. Select your asset and the expiry date.
2. Choose your position; either call

(increase) or put (decrease).

3. And then choose the amount you want to wager

Once done all you need to do is sit back and wait for the result.

A Wide Array of Choices

Binary trade option offers a wide range of locally and internationally traded; you only need to choose the ones that appeal to you. But do make sure that you check your options carefully.

Less Risk

Since only a minimal amount of money is

required, you will only be risking as much as you can afford. When you choose an option, there will always be a potential for gain, and for loss as well. Keeping this in mind will allow you to calculate the risks and figure out an amount that you are comfortable betting with.

High rewards and Fast Returns

Traders can set their own time frame. The time frame can range from 15 minutes or up to a week. Within this period one can already see the returns of their premiums. Return rates, on average, ranges between 70 to 88%. Continuous return rates like this can

make a substantial if not high return of investment for any trader.

DISADVANTAGES

No Time for Practice

Unlike traditional trading platforms where you can practice before the actual trading, in binary trading no simulated trading support is given by brokers to their traders. There may be companies that offer demo accounts, but they are very few and far in between. Traders enter the market without any practice. You basically learn as you go.

No Trading Tools

Charts and tools are not readily available for a binary options trader;

you have to put out a request for them. Technical analysis is also not available for binary trading. Traders are kept virtually in the dark when using this type of trading platform.

Tools, charts and technical analyses are important tools of any trader. This can help predict a trend, when to stop or when to continue. Tools are particularly useful when one uses the “touch options” – one-touch, double one-touch, double no-touch, or no-touch. Chart analysis, technical analysis and trending lines can help predict what values the asset can reach or what values it will not reach over a period of time.

Studying Financial Assets and Markets on your own is hard work.

Since no studies, charts and analysis are available for any one's perusal, studying for this type of trade requires working from scratch. Studying is very important if one wants to reap the benefits in the long run. Careful planning and strategy making can maximize your income while haste makes waste.

An inexperienced trader may find it difficult to review stocks especially when it is not aware what it needs to look for. If he does find resources to help him, theory alone cannot help him that much. Practice or practical application is also important to put into action the theory one finds.

People Tend To Become Overconfident

Binary option gives one the ease of activation, deposit and transfer. Sounds good right? Wrong. This ease of access makes one lenient if not careless.

Legality issues

Some jurisdictions considers online gambling illegal, and they also happen to consider binary options trading as a form of online gambling. So you cannot really trade legally in some states.

Too many choices

Since binary trading caters to local and international assets one can be overwhelmed with the choices. One cannot rely on the general movement of the stock market for it does not reflect individual movements as well. An increase in the stock market is not an assurance that individual stocks will increase as well. 459 words

Spotting A Scam

The rule of thumb in binary trading is that when it sounds too good to be true, then it will most likely be a scam.

What is a Scam?

A scam is defined as a dishonest way of obtaining money or anything of value. A fraudulent scheme usually applies confidence tricks and misrepresentations. They often promise a high rate of return bordering on the impossible. This is more common in binary trading.

Common Binary Trading Scams

1. Blocked Trades - Although temporary blockage is not unusual to any brokerage a constant blockage is a sure sign that something is wrong with the company. A brokerage just like any bank operates on the idea that not all its clients will withdraw their money at the same time. However, if this ever happens, the bank and the brokerage should be able to provide enough money to cover all outflows of cash. For banks, their respective central banks assist if the bank is undercapitalized. For brokerage however, there is no such insurance.

If your brokerage is constantly falling short of their payouts to you and your fellow clients it is a sign your broker is undercapitalized and unfortunately it

won't be long before your broker goes down with all of your hard-earned money.

2. Bonus Scams - Bonuses are not necessarily bad things, and indeed some of them are given. One should really understand the principles behind deposit bonuses. Bonuses supposedly work both ways; the trader would benefit so does the broker. A would be trader is enticed to join the trade with an offer of an incentive. This incentive supposedly increases the trader's capital, giving him a longer string for his portfolio. A bigger capital means an increased trading frequency. This is what makes bonuses work for both trader and broker.

However, this scam makes withdrawing impossible or unrealistic. Sometimes, for the trader to be able to get the bonus he must provide additional capital out of his own pocket.

3. Account Closure for No Valid Reason

A broker that changes terms and conditions on a regular basis is a sure sign that something is wrong. One should be wary of a broker that is not regulated.

Having no one to regulate the rules mean the trader's money is at the mercy of the broker. The brokers are creating rules every now and then and before one knows it their hard-earned money may

not be returned to them because of unjustified reasons.

4. Vague regulatory statements

Some brokerages come up with regulatory statements to make them appear regulated and legal. Some also place their head offices in areas with lax regulations then place some in areas with a solid regulatory body to make it appear as if their operations are legal.

You need to check the statements and if there are questions ask. A company that cannot provide a satisfactory answer to clarification is not a trustworthy company and thus, you should move on to the next broker.

How Can You Avoid Being Scammed?

One should practice due diligence before investing their hard-earned money to someone else. In addition to that here are some lists of tips on how to avoid scam artists.

1. Be Realistic

When trying to find a broker to help you with your binary trading needs, look for one that does not offer an early retirement or one that promises money will come into your pockets day in and day out. Trading binary options is not as easy as they make it sound. Binary option is all about fun. Money may come

in, but money from this option will not make you a millionaire any time soon. You can make a few thousands a month, but that requires great predictive power, research and analysis of short-term market movements.

2. Stay away from companies that guarantee big profits

Binary trading is a game of chance. There are two sides to a coin. No one can guarantee profit let alone big ones. Some examples of fraudulent offers are as follows. Read the comment after each example as well:

- *Profit of \$2500 a day, every day –*

earning depends on your wager. In order for you to earn that high you must bet high as well.

- *A binary market's major benefit is that there is no probability of losses* – wrong. The market, wherever it is located, is unpredictable.
- *If the market moves up or down you will get a profit-* this is possible, but you do need to bet both options at the same time to achieve this.

Do your research

One should find a reputable binary option broker. There are a lot of sites

online that provide a list of reliable binary brokers. Check their background, trading history, and feedback from satisfied clients. Wall Street or NYSE might provide you such info as well.

Avoid companies that have a sketchy history

They asked you to share your money with them why wouldn't they share their history with you? Make sure you get every detail in written form. Everything should be above board not under.

Looks can be deceiving

Most scammers and con artists invest on

their looks. A good-looking man or woman is hard to resist right? Beautiful women or gorgeous men explaining they are from Wall Street claiming they trade binary options there are somewhat comforting to a degree. Not. Wall Street traders do not buy binary options, they sell them. Successful traders trade in millions, binary trading ranges within thousands.

No risk? No way

A firm that promises no risks with their trade is not being honest with their client. Everything is a risk. The goal is not to remove risk, but minimize it.

Be careful with your transactions

If anything goes wrong a bank record, a physical address and valid registered credentials is the key to recovering your money just in case. Never transact online when no assurance is given to you to the validity of the business. Bank transfers are safest since opening an account requires a thorough checking of a possible account holder.

Ten Important Strategies You Need To Keep In Mind To Make Serious Money With Binary Options

The first five chapters of this eBook covered the basics of binary trading. Preparation is the key to success in this trade. And, of course it wouldn't hurt if one gets a hold of tips and tricks from the masters themselves. Compiled in this chapter would be the top tips and tricks of this trade. Learn it, work it and practice it. However, these are only supplemental. One should practice due diligence when doing some of these tips

1. Avoid trading binary options when feeling emotional. This logic applies to almost every endeavor of man. An emotional person is an unreliable person.

2. Do homework. Make sure to view the graphs, the charts and all the analyses for a long period. Try to define a pattern if any and learn to interpret the signs. Do all of this **BEFORE** you begin trading.

3. The first sign of a win is all you need. Once the mark is

reached TAKE IT. Do not aim higher or let your stocks linger. You can try doing it some other time.

4. Listen to what others are saying. Keep yourself updated and aware of drastic changes in the news. Understand the root cause that way you can corner the market when it rises or falls.

5. If you are unsure about a trade, do not buy into it. Gut feeling is not an option when trading. Choose your assets

wisely. Although new assets are tempting always choose first the most common. Common assets are most likely discussed in forums more often and through such discussion you can learn a lot. Use this information to your advantage.

6. Start small and slow. Do not let a win make you feel indestructible. Employ some sense of self-control. Be grateful with what you earned and do not bite more than you can chew. Avoid long-term binary options until you are

ready for it. Choose an hour-long trade or the shorter 60 seconds to maximize profit and minimize risks.

7. Do not expect to get rich quick. A make rich quick scheme may prove problematic in the long run. Again, this is a subject of careful reading, analyzing and researching, not sheer luck.

8. Timing is an important factor in binary trading. One needs to be able to act fast and should allot time for trading. Do not leave your short terms open and leave while the iron is hot. Do not invest when the

market is volatile or jumpy. A jumpy market can cause great profits, but at the same time great losses too.

9. Know all the strategies.
Some of them are briefly described as follows:

- Trading with technical analysis – This strategy uses charts, graphs and the likes. This strategy follows the principle that “the market remembers”. This implies that what happens in the past can happen in the present and will happen in the future.

- Trading with trader's tendency indicators- this is normally provided by your broker. This report shows the percentage of traders buying and selling the asset. You need to be careful with this report though for this is not a clear indicator of increase or decrease of the value of an asset. Not because everyone else said so means that it is correct. Try forming your own opinion.
- Trading with fundamental analysis

– This strategy focuses on economic statistics as well as the overall economic climate to predict changes in asset values.

- Trading a la martingale. – The martingale is a method of betting wherein the initial investment is increased every time there is a loss until such time that a gain or a win is achieved. This follows the concept of break even. Most experienced trader does not recommend this strategy to beginners and masters alike.

10. Learn how to have fun. It lessens the pressure of earning, makes trading simple and less stressful.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to understand the tricks of binary trading option. As simple as it may sound this type of trading option just like any trading option is risky. Better be prepared than be caught off guard.

The next step is to put into action the list of things mentioned here. To sum it up, remember these steps:

1. Select the asset and the time.
2. Choose your position. You either

call (increase) or put (decrease).

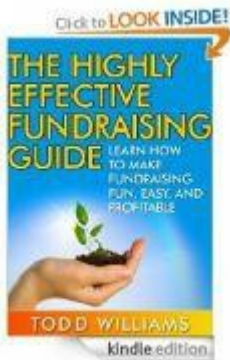
3. Choose the amount you want to wager
4. Just wait for the result.

Start slowly and ease your way to the top. Make sure to do your research well. Do not just jump in just because someone said so. When in doubt, you should ask, do your research and study. This book plus your own diligence can make binary trading option your milking cow in no time. Good luck with trading.

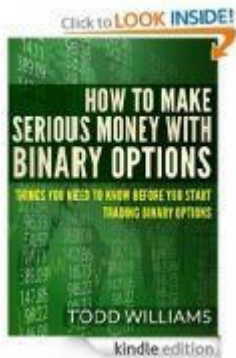
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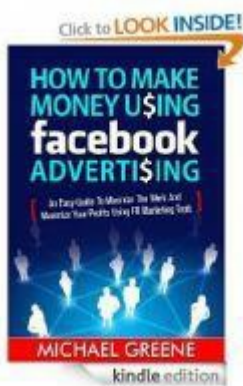
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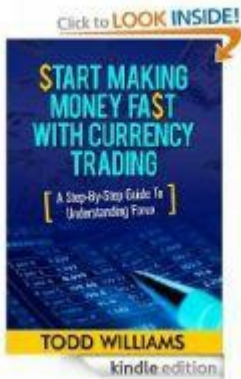
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The Online Trading Addiction Cure

***How to Regain Control of
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Introduction

You've already heard my story about how I got addicted to online trading. I have to admit that it was fun and so easy to do...yet it was so hard to stop. Long story short, I was on the verge of losing my relationship, ruining my career, and felt like I had reached rock bottom in a matter of months. I discovered and learned ways to control it and overcome my addiction, which I'm about to share with you.

In this book we will clear the path so you don't NEED to gamble with online trading. You'll be presented with strategies that are proven to work and

will cut you clean of your addiction. It will allow you to have the power to regain control of your life so that if you want to stock trade online, you can (with full control), or you can completely stop cold turkey – like I did.

This book goes into detail about the strategies, techniques, and methods to help overcome your addiction to online stock trading and gambling. It talks about addictions to trading binary options with day trading and the tempting 60-second trades. Most importantly it provides you with ways to “cure” it, and regain control of your life.

Online Trading VS Gambling

The buying and selling of stocks originated from floor trading to phone transactions. However, neither of those methods are still popular today. Today, online trading (or E-trading) is the most common method for exchanging stocks. Fast computers and high-speed internet have opened the doors to this ease of access. These have increased the number of people who can use it. Unlike before, you do not have to be rich to enter the world of online trading. Even commoners can invest in stocks.

Online trading is very convenient. With

just a few clicks, people can easily participate in buying and selling stock activities online. In addition, the process of registering is very easy. You only have to find an online platform or an online broker to be able to start. Here is a systematic guide on how to start online trading.

How Online Trading Works

First, you need to determine how long you will be trading. Do you prefer short-term or the long-term investments?

Long-term investments require knowledge on cash flow, earnings, book value, return on earnings, etc. These concepts are fundamentals when it

comes to stock analysis. On the other hand, if you want to enter "swing trading" or short-term investment, you should also know the technicalities of stock trading. This information is essential in order to decrease the risk of losing.

Upon deciding on whether you prefer short term or long term investments, you then will need to follow the steps below.

1. Find an online broker.
2. Choose an account to register.

After you have registered, find an online platform where you can create transactions. A tip is to research before you invest. There are sites available where you can check the credibility of

the platform. However, you can never tell how it works unless you really use it.

The next step is to place an order. Here is an example on how trading takes place in NASDAQ.

1. Place the order.
2. A database will receive the order.
3. The database looks for the best price among all the available markets.
4. After finding the perfect match, the parties will receive a confirmation.
5. Regulatory bodies will check the stock's performance.
6. Data is analyzed by NASQAD.
7. Last, after agreeing upon the terms and

price, the buyer and the seller will receive a notification from the broker about signing the contract.

Usually, it takes one second to place an order and the whole transaction for about one minute. This is the reason why people are so engrossed with online trading. It is definitely fast and exciting.

Types of Online Trading

There are three types of online trading:

1. Day Trading

Based in its name, day traders only place their bets on intraday basis. They do not let

it sit overnight because of the higher risk of losing. Aiming to earn quick profits, these traders observe the fluctuations throughout the day and grab the best deal they can get.

Sub-types:

- Momentum Trading
- Scalpers

2. Swing Trading

Day traders and swing traders are quite similar. The only difference is that, swing

traders can hold their position in the stock market for more than one day. In addition, swing traders base their bets on predicting short-term fluctuations. The downside is there is a higher risk of losing in overnight trades.

3. Position Trading

This is the same as swing trading, but position traders can hold their bets from a day to several days or months depending on the movement of stocks. They will wait for a huge rise in stocks before they

get it.

Online Trading to Gambling

Technology has been a great help for people who love to invest in stocks. With only few clicks, you will be able to conduct research about the company you want to invest in. Plus, you have a wide variety of options. You can think it over and get back to the trading platform when you are ready while monitoring the rise and fall of stocks is in real time.

Because it is more accessible, people are attracted to investing. This creates a more strong hold to trading - making it more possible for people to get addicted.

Online trading only becomes a form of gambling if people keep on investing on high risk bets. Consistent failure means they are already addicted. They do not think before they act. They simply love the feeling they get from it - the excitement from the uncertainty. They do not research. They make decisions based on their gut feeling.

Why Does Online Trading Feel So Good?

Making money is very easy in online trading. You place your order in about a second and you can immediately reap what you have invested within minutes. It doesn't matter if sometimes, you lose. What is important is that, the more you keep playing, the higher your chances of winning.

That is the reason why many online traders became online gamblers. They keep investing and placing orders to earn a lot of money. The downside is some online traders keep sliding down the slope – frequently placing orders and

eventually draining all their resources. These people become so obsessed that they forget how to weigh their options and make wise decisions. They have lost control of themselves. Adverse effects may happen if they do not stop. They are not only putting their lives to waste but they are also affecting the lives of their family members and friends by always being unavailable and uncontrollable.

Reasons Why Online Trading is Addicting

How can online trading be addictive to people who are aware of the pros and cons of the situation? The answer is simple: they are addicted to the feeling

they get from it. People who become addicted to online trading are those who find high-risk decisions exciting. But, that is not the sole reason. There are many other causes of addiction depending on the person's personality and the situation. Here are 5 major reasons why people get addicted to online trading.

1. Easy

In Chapter one, you learned that joining online trading is very easy. With a few clicks, you can create an account, register, fund your chosen account, and then place an

order. The process can take place in less than an hour. Plus, the trading itself happens within a minute.

If a manager of a specific company works hard to be a billionaire, a wise online trader can also level with the manager's earnings by having a good strategy and waiting for the prices to rise.

2. Fast

Not only that the process is easy, but it can also raise your money quickly. By following the simple procedure, you can

place an order and wait for it to profit. If after a minute the market went up, and you are satisfied with your profit, then you can sell it immediately.

3. Happiness

People tend to stick to the things that make them happy even if it's dragging them down. It is the excitement from the unknown and the risk from placing their investments without thinking it over that makes them stay.

4. Relieves Stress and other

Unpleasant Emotions

If you are trading because you wanted to relieve yourself of stress, then it is a strong reason for you to stick to it. Since it is fun and exciting, it will definitely soothe you and divert your attention.

5. Diversion from a Problem

Finally, aside from relieving you of stress, it can be a good diversion from a problem. Placing bets and waiting for it to profit can occupy your mind and reject unwanted thoughts.

The Passionate Trader versus the Trading Addict

There are two kinds of traders: the Passionate and the Addict. Both are dedicated to online trading, but their purpose and decision making strategies are very different. A passionate trader can handle his or her trades well, calculate the risk and base his or her decision depending on the flow of the market. On the other hand, a trading addict bases his or her decisions on emotions. Addicts do not analyze the situation logically, rather they place an order on high risk companies because of the excitement they get from it.

At first look, they may not seem different at all, but as you thoroughly analyze them, you'll clearly see the pattern of their behavior.

Passionate Trader

A passionate trader takes his or her time to think about the decisions to be made. Every single detail counts so he or she is not careless in deciding. This trader is also called the wise trader – aware of the options and the pros and cons of the situation. The goal of a passionate trader is to make money with the optimum possibility wherein risks and losses are avoided.

Trading Addict

On the other hand, a trading addict is someone who places their stocks without analyzing the situation. If they feel like placing an order, buying and selling stocks, they will do it – without any hesitation. It is as if they are standing on a vast ground of sand. Nothing is permanent. If there is a sand storm, they'll be easily washed away by it without even noticing what happened. They are blinded by their purpose, which is to easily make money by taking high risk investments.

With these descriptions, you can't really tell whether a person is a passionate trader or a trading addict unless you closely observe how they trade.

However, the trading addict creates a situation wherein everybody, including his or herself will soon be damaged.

At What Point Does Online Trading Become Addictive & Suck You In?

There is a very thin line between online traders and online gamblers. Most are trading to profit immediately without analyzing the market or the pros and cons of their decisions. They are not only negatively affecting themselves, but also affecting others as well. Sooner or later, they will reap what they have sown – an evil seed that will bear an evil fruit.

6 Adverse Effects of the

Addiction to the Online Trader

Soon, the boomerang will definitely hit you. If you are gambling for profit and continuously betting the wrong way, then, you'll be surprised on how fast you'll be eaten by the quicksand you have created. The effects of addiction to an online trader are very adverse. You can't undo it. It will gradually pull you down.

1. Draining Finances

The most obvious effect is on the financial aspect. If you are an addict, you place bets

without even thinking about the risks and it will most likely drain your resources. High risk investments have probabilities of less than 50%, meaning lesser chances of winning. This can result in continuous losing and you'll surely end up with an empty pocket.

2. Health Effects

Eye strain and back pain are two common problems of an online trader. Long hours of sitting in front of the computer will strain the eyes. It will

also cause back pain because of long hours of sitting and waiting for the stock market to rise.

3. Sleep Deprivation

If you are addicted to trading, day traders as an exception, you will be a bit paranoid on how the market will fluctuate overnight so you keep thinking about it. You will not be able to sleep well. It may worry you and keep you awake overnight. This will leave you sleep deprived. Your immune system will also weaken

because of the continuous lack of sleep.

4. Decreased Productivity

Addiction will also eat away all the time you have. In this case, you will not be able to do anything aside from trading. You don't want to miss a second without placing an investment. You keep track of what's happening every second. It occupies mind and your life.

5. Poor Work Performance

If you have a job, you'll definitely sacrifice it for online trading. You won't be able to give your one hundred percent to your work. Between office hours, you'll see yourself checking on the stock market. Trading would be the only thing that matters.

6. Isolation

Imagine this: if 24 hours a day, 7 days a week your main focus is trading, then you'll eventually become isolated from the people who care about you. You will not seek

for any attention or security, for that matter, because the most important in the world is to trade and to win.

7. Detachment from the World

The end point of being an addict is the detachment from the reality. You'll be lost in the world of trading and it will be hard for you to come back.

3 Effects of the Addiction to the Friends and Family of the Online Trader

1. Time

Relationships with family and friends will soon wither and die because you lack time to hang out with them. You are so occupied that you focus all your energy in that sole activity – trading.

2. Attention

The family should come first no matter what. But if you are an addict, even talking to your spouse and your children would be a burden. You do not want to be disturbed by

anyone when you are trading. Your attention is focused on whether you'll win or lose.

3. Financial Support

If you are really an addict to online trading all your resources will be drained. This will result to drainage of money to support the family. In some cases, an online trading addict will steal from the family's money and use it in trading. In the long run, the family will also suffer from poverty because of you.

Now, you need to know the signs of being addicted. The following is a quick list:

- You spend most of your time placing bets.
- You do not do anything productive.
- You cannot detach yourself from the computer screen. It is hard to distract you.
- You keep on placing bets without considering the consequences.
- You enjoy the feeling of placing high-risk bets.
- You bet because of impulse and gut feeling.

- You love uncertainty.
- You keep losing and still place more bets, not realizing how much you have lost.

If you suspect that you are already a trading addict, then, continue reading this book. The succeeding chapters will discuss different strategies to aid you in overcoming your addiction to online trading and how to get your life back immediately.

Powerful Steps To Overcome Online Addiction

As with any kind of addiction, you first need to find the root of the addiction and stop it immediately. Assess yourself. Where did this addiction come from? How did I acquire it? What makes me do it over and over again? Think about it very hard so you can control yourself from doing it.

Here are some things you have to do before you start the withdrawal process.

1. Take a time out.

Stop doing anything. Look for

a place where you can sit and meditate. A refreshing park will do. Find a place where there are less people. A place where you can sit by yourself, think and talk to yourself. In this way, you will be able to evaluate what happened.

2. Take a deep breath.

Before you start the withdrawal process, breathe and think of the things you have sacrificed – family and friends. Think about the things you have done to yourself. Did you become a good person or

not? Did you become productive? Are you happy?

3. Ask yourself these questions.

What happened? What have you done? What are the effects? Can you still regain your life?

Of course you can still take control of your life. You merely have to be courageous enough to fight the addiction. Have a strong mindset. Set goals and aim to accomplish them.

Now that you have done the meditating process, you are ready to start the withdrawal process.

The Withdrawal Process

The following are tips you can use to help you stop your online trading addiction.

1. Close all your accounts and get help.

The first thing you have to do is to stop trading. If you continue to face the computer and look at the stock market, nothing will happen. Total detachment is needed to be able to flush it out from your system.

Go the website where you have registered. Sell all your stocks. Get all your money and close the account as soon as possible. This will also lessen the risk of exposing your money to the fluctuating market and increasing the risk of bankruptcy.

2. Take a breather and get away from your computer. Have a vacation and enjoy doing other things.

Get away from the source as much as possible. If you can abandon your computer for a few weeks, then do so. Try

doing other productive activities, such as sports or playing an instrument, travel if you have money. Do the best you can to pull yourself away from any trading activity.

3. Distract yourself by prioritizing other things.

After you have gone on a vacation or to a camp, then it's time to focus all your energy on other things. If you are working, try to focus on your work and be at your best performance. Prioritize your family and friends. Give

yourself time for you to bond with them and make up for the time lost because of the online addiction.

What can be your reasons why you are addicted to online trading? Is it the money? Emotions? Excitement? Love for the uncertain? Taking risks?

Well, take this risk. Let go of your addiction.

Reasons why you have to stop this online trading addiction

If you are still not convinced as to why you have to withdraw from online

trading, the following reasons will help you further understand the situation.

1. It drains all your resources. If you continue to invest on high risk transactions and you keep losing, you will become bankrupt. It will drain all your money. Do not let this addiction drag your life to the ground. Do not let this be the reason for your fall.
2. You are not the only one affected. Your family members are also involved. Instead of helping in the household, you are becoming a burden. You are unproductive. If you continue this, you will not only lose money but also the people who

care about you.

3. It affects your health. Long hours of computer use will strain your eyes. Your immune system will also weaken because you are always up at night. You keep worrying about the stock market fluctuations. Do not sacrifice for something that may not last long. Invest on the sure stuff.

What you have to do

1. Prioritize

What is most important to you? Is it

money? Is it your family? What are your values? What matters most?

Get a pen and some paper. Write a random list of things that you care about the most. Is it your job? Family? Hobbies? Traveling? Making money? Be as specific as possible so you can pinpoint what exactly you want. On a separate sheet of paper, number it from one to ten and rank the 10 most important things to you - number one as the highest priority. Post it near your bedside or the calendar, or anywhere that will catch your attention. This will remind you every day that there are more important things in life than online trading.

2. Practice Controlling the urge

Practice is the ultimate cure for addiction. Practice controlling your emotions. If you feel like going online and checking the investments, distract yourself. Look for other things you wanted to do, things you enjoy doing. Keep yourself distracted. This strengthens your ability to control your urges. Keep in mind the things you have listed in number one.

3. Mind over matter.

You have to think about the things that matter the most. Control your actions by thinking about your priorities. You are capable of doing that. The brain is

created to control every part of your body.

If it happens that you feel the urge to trade. Close your eyes and take a deep breath – inhale, exhale for 5 minutes. You will be surprised that the feeling will pass after that. You'll be able to do other things without even thinking about trading again.

4. Give yourself rewards for having controlled yourself.

Don't be afraid to treat yourself for a job well done. Give gifts. Eat your favorite dish from your favorite restaurant. Go on a vacation. Or you can set a reward

system for yourself. For example, if you did not even think about trading today, you can have lunch in a first class diner. This is one form of discipline and showing love for yourself.

5. Love yourself.

Pamper yourself by going to the spa or having a massage. Being too dependent to online trading loses your sense of identity. By having some “me” time, you’ll return to your old self soon.

6. Find communities or support groups that will inspire you to

overcome this addiction.

Some organizations and health institutions offer rehabilitation services for addiction. If you become a part of a support group, you'll realize that you are not alone. You will be inspired to let go of this addiction and get back to controlling yourself.

7. Plan the future. Set goals.

If you are really serious with changing your future, set goals so you will always be reminded that you need to fix the present to be able to accomplish your goals.

After following these steps, the next thing to do is to regain control. Having an addiction is not easy. It is hard to stop but it is harder to maintain the detachment. Some fail at this stage. They had a great start, but after a few months, they go back to trading.

Six Things You Must Do To Save Your Life

If you can overcome addiction, it is a sign that you can regain control of your life. Do not let the urge to trade hinder you from becoming a successful person. Maintaining an addiction-free life may be hard but you can do it by just holding on to your goals.

Here are the tips on how you can regain the control. Do these steps before your life becomes lost.

1. Acceptance

You have to accept that you are in a difficult situation and you need a big change in your life. The moment you realize this, don't let it slip away. You have to make yourself believe - you needed to change.

2. Evaluate

After you have accepted the fact that you are really addicted, the next thing to do is to evaluate. What have you done wrong? Is the addiction really worth it? Are you even happy about what happened?

3. Set goals

Have a self-assessment. This is the time to talk to yourself. Evaluate the things you have done. Now, do not dwell on the negative, but rather, on the positive. You are just having a bad day, not a bad life so do not feel bad about yourself. After this evaluation, set goals. In this situation, change is needed so you have to see yourself 5 to 10 years from now. How do you see yourself? Are still going to be

an online gambler? What are your dreams? Do you want to succeed in life?

4. Rebuild Intrapersonal

Now, it is as if you don't know yourself. Get a piece of paper and jot down the bad habits you want to throw away, the positive traits you want to retain, and the traits you want to develop. After you finish writing, tear the part where you have listed the bad habits, throw it in the trash. Retain your good habits, develop it

and never forget it. It is good to have a good talk with yourself.

5. Live each day like your ideal self.

Let go of the bad habits and practice it. The more you think about the traits, the more it is developed and injected to your system. So, if you flush out gambling, keep telling yourself that you want it out. You don't want it in your system.

6. Make a checklist

It is good to see a list of your goals. In addition, it is the best if one by one you tick the boxes. Little by little, you see your goals are becoming real. These goals are tangible. You can really do this. You will gain confidence to yourself and you'll regain your life.

Life does not end in gambling. You have to be strong to overcome it. You still have the chance to be successful. Do not lose hope.

Do not be controlled by your emotions.

You should be the one to take control of them. Online trading addiction is not a big dilemma. You just have to be strong-willed to overcome it.

What is your attitude towards your goals? Towards yourself? Do you really want to change?

You can still open doors for opportunities or rather opportunities are still open for you. All you have to do is to acknowledge them and to choose which ones will benefit you and your family. Choose the ones that are best for you.

A New Version Of Yourself – Without Needing To Trade

Now that you have arrived at this point, you are ready to face the future. You are now free from the addiction. You can now live your life to the fullest without anything holding you back. Start a new life and never ever go back to trading again.

Quick Tips to Remember:

If you do feel like you can go back to trading, here are tips you have to remember before you register and place your investments.

1. Do not rush.

If you have decided to go back to trading, do not do this immediately. Let a year or two pass before you register to this activity again. After the withdrawal stage, never do anything related to trading because this would only trigger another addiction. Keep on striving to live a healthy life.

2. Make restrictions

If you have already scheduled the day that you will register and create an

account, make sure to make a list of all the restrictions you should have. For example, you can only trade during after office hours. Set the highest amount that you are going to invest so that you will not be carried away by your emotions when trading. This is the best way to control yourself from getting your old life back.

3. Set a time limit. Make a schedule.

Before you start placing an order, set a specific time of the day when you can trade. One suggestion is by trading for only 2 hours after your office hours. This will limit the possibility to make

abrupt decisions because you are already tired from work and you'll just have to check and wait for the market to rise.

4. Be patient.

If you are really promising to be a wise trader, you have to be patient. Placing investments without thinking will only drag your life down again. Wait for the right timing. Let it stay in the market until it profits. Don't be paranoid that all your money will be lost. The market is fluctuating, sometimes it rises, and sometimes it falls. So, you simply have to wait for it to earn.

5. Stop if you feel like going back.

If you feel the urge to trade every minute of every day, it is better stop immediately. If you continue, you will only be repeating the process again. Do not be blinded by the perks you think you can get from trading. These are temporary, stick to something that would last long.

Getting back into trading will be really risky and might ruin your life again. So the best thing to do is abstinence. Never go back to that old life you had. There is a lot more in store for you in the future. Do not waste the opportunity to change

and be the person you really wanted to be.

Addiction to trading will bring you nowhere. Returning is like exposing yourself in a bowl of fire or running inside a cave of snakes. It is really dangerous and will only result to death. It will make you feel empty, hollow and alone. You don't deserve to suffer so do not open the doors to trading again.

Conclusion

Sometimes you do things without realizing it's destructive to your health and life. You keep doing it until you've finally lost everything. That's the time when you'll realize what you have done. Do not wait for that point to come. As soon as you have recognized your addiction to online trading, stop it. Seek help and admit that you are addicted.

Overcoming addiction is hard but with the right mindset, you can get your life back again and gain control of your future. With this guide, you will definitely live happier – without this addiction.

Think about the things you really wanted to do. What are your plans for the future? What are your plans for your family? Imagine yourself 10 years from now. How are you? What are you doing? Are you still trading? Do you have a lot of money? These things will set the goals you have to accomplish today. Always remember that, whatever you do in the present will affect your future.

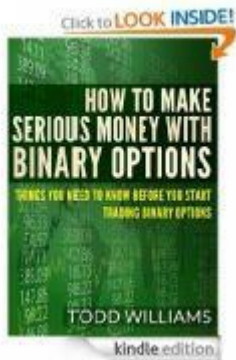
Now that you have finished reading the book, you can now go on with your life. Make wise decisions and detach yourself from online trading addiction. Hopefully, this book has helped you to overcome addiction and to gain control of your life today.

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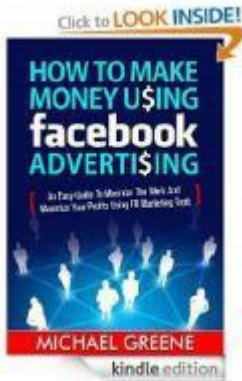
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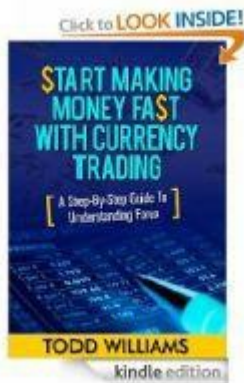
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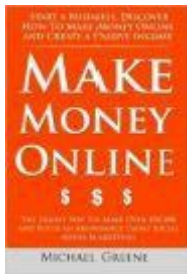


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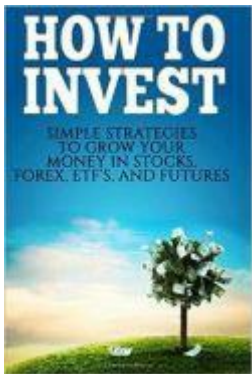


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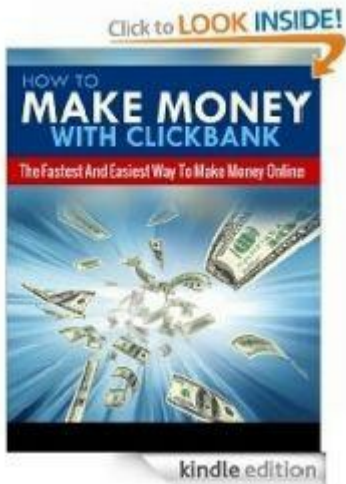
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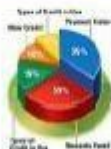


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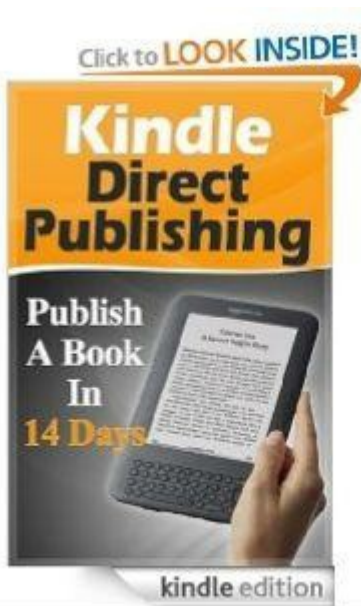
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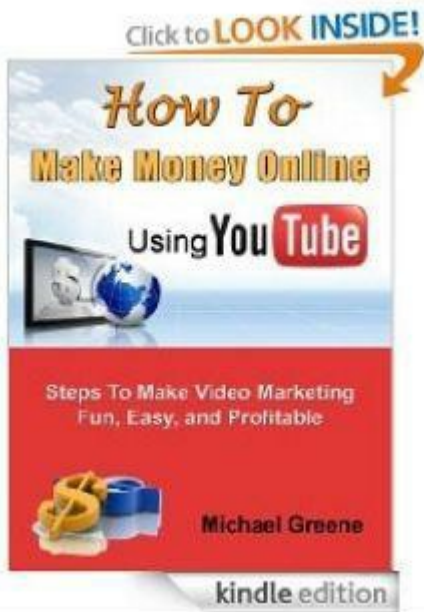
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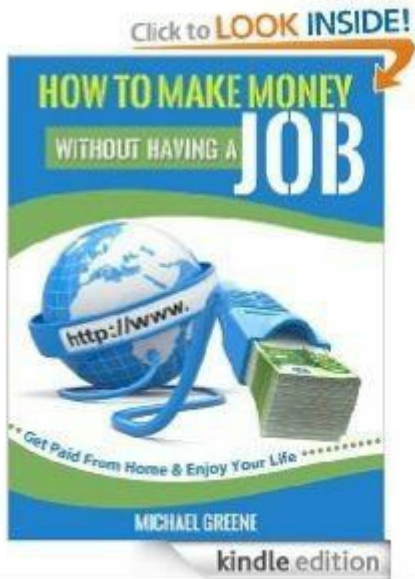
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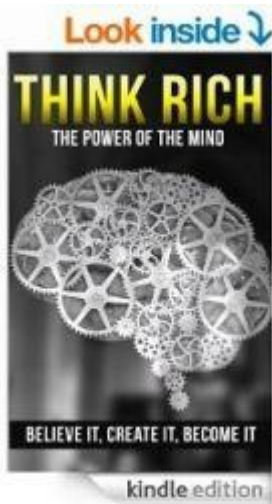
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Online Trading VS Gambling

How Online Trading Works

Types of Online Trading

Online Trading to Gambling

Why Does Online Trading Feel So Good?

Reasons Why Online Trading is Addicting

The Passionate Trader versus the Trading Addict

At What Point Does Online Trading Become Addictive & Suck You In?

6 Adverse Effects of the Addiction to the Online Trader

3 Effects of the Addiction to the Friends & Family of the Online Trader

Powerful Steps To Overcome Online Addiction

The Withdrawal Process

Reasons why you have to stop this online trading addiction

Six Things You Must Do To Save Your Life

A New Version Of Yourself – Without Needing To Trade

Conclusion

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